



Tips for Parents

- 1. Be There.** Make sure that you have your child on at practices on time and at the game at least 20 minutes before the kickoff. If your child cannot be there, give the coach a call to warn him or her ahead of time. Try to remember the essentials: shoes, socks, uniform and water bottle.
- 2. Be a Fan, Not a Coach.** Parents should cheer for their child. But don't use this as an excuse to tell your child where to go or what to do during a game. Treat soccer like any other fun activity for your child. You would not stand behind your child while he was working on a coloring book and scream out "In the lines, Bobby!! You must stay in the lines!! Use Green!! Use Green for the grass!!" Allow your child to be creative on the soccer field. Allow the coaches and the referees to do their jobs too.
- 3. Keep it Positive.** Only look for the good things that your child did in games and practices and praise him about it on the way to and from the park. Keep it simple - on the way to the game tell him three things: I love you, play your best and have fun. On the way home, tell your son, I love you, I enjoyed watching you play, and where do you want to go eat.
- 4. Maintain a Realistic Perspective.** Very few of our children have the skill and motivation to play professional soccer. Even if they did, youth soccer at this level is entirely developmental. Your child will make mistakes; allow him to do so without fear and hopefully he will learn from them.
- 5. Wins and Losses Are Unimportant at this Level.** Winning games is fun, but not as important as learning new skills and gaining confidence. Six years from now, your son's high school soccer coach will not care if he had a winning season at this level - he will be more interested in the skills that he was able to master. Even if your son's team does get beat, remember: the most important thing to him at the end of the game should be the TASTY SNACKS.

Things to bring to every practice & game:

- 1) Shin Guards: (No Shin Guards, No Play....)**
 - a. Our kids are growing so make sure their shin guards fit.**
 - b. Long soccer socks should be worn over the shin guards to keep them in place**
- 2) Water or Gatorade (we will take water breaks every 15 – 20 minutes)**
 - a. Stay away from Pepsi or Coke as a refresher as the caffeine dehydrates. Water is the best.**

3) Size 4 soccer ball

- a. **It doesn't have to be expensive and it will last them through U10.**
- b. **If you don't have a pump, I will have one at practices to fix a flat ball.**

4) Your Son

- a. **Please give me a call to let me know if your son will not be able to attend a practice or game.**

CHARACTERISTICS OF U - 10 PLAYERS :

- Gross and small motor skills becoming more refined and reliable. " Boys and girls begin to develop separately.
- Ability to stay on task is lengthened. They have the ability to sequence thought and actions.
- Greater diversity in playing ability and physical maturity.
- Skills are emerging. Becoming more predictable and recognizable.
- Some children begin moving from concrete thinking to abstract thinking.
- Able to pace themselves, to plan ahead.
- Increased self-responsibility. They remember to bring their own equipment.
- Starting to recognize basic tactical concepts, but not exactly sure why certain decisions are better.
- Repetition of technique is very important, but it must be dynamic, not static.
- Continued positive reinforcement needed.
- Explanations must be brief, concise, and mention "why".
- Becoming more "serious". Openly, intensively competitive, without intention of fouling.
- Still mostly intrinsically motivated. " Peer pressure starting to be a factor.
- Adult outside of the family may take on added significance.
- Prefer identification with a team. Like to have good uniforms, equipment, balls.
- More inclined towards wanting to play instead of being told to play. Will initiate play more.

THINGS YOU CAN EXPECT:

- Some coaches say that the 9 and 10 year-old players are beginning to "turn the corner" and starting to look like real soccer players. However, games are still frantically paced and unpredictable for the most part.
- These players are starting to find out how much fun it is to play the game skillfully, but they will still stop and laugh if the referee gets hit in the backside with the ball during a game.

Some other things that we can expect when working with this aged player are:

- They start to understand offside, but still forget themselves when the goal is in front of them.
- They will really beat up on each other during practice... especially boy's teams.
- During a game, the parents will scream out "HAND BALL" or "COME ON REF, CALL IT BOTH WAYS" at least fifteen times.
- They might cry after the game if they loose, but will forget it if you ask them if you want to go out for burgers and fries.
- You might actually catch them practicing on their own without you telling them to do so.
- Their parents are telling them to do one thing during the game, you are telling them another thing, but what they end up doing might be what their friend is telling them to do.
- You will see a pass that is deliberate. You might even see a "back pass".
- You will see your first \$100 pair of cleats during practice.
- They will call the other team bad names... really bad names